

## AROUND THE TOWNS

### NEWARK

#### **New program to improve minds and muscles**

Brains and bodies were flexed together this year at Alexander Street School and McKinley Elementary School in Newark.

The schools were participating in a program called Activity Works. The program is a series of 10-minute audio/video adventures that combine physical activity and cognitive learning. The curriculum-based stories cover a variety of subjects including math, reading and geography. Healthy nutrition messages are also given through the program.

The Activity Works-New Jersey Demonstration Project hosted an end of the year celebration June 23 at Alexander Street School.

The New Jersey Walmart Foundation provided Activity Works to selected school districts throughout the state during the 2009-2010 school year, through a grant administered by North Shore-Long Island Jewish Health System, which helped create Activity Works. The event was held to mark the end of the grant, reinforce the program's positive messages, and to celebrate the success of the program.

Classes in both the Newark schools used Activity Works from November to June.

"Activity Works allows them to exert some energy while learning something, too. We find that after we finished our workout, students are more focused and ready to finish the school day," Lorraine Williams, first grade teacher at Alexander Street School, said. "

Teachers and administrators had a chance to share their first-hand experiences with the program. Students demonstrated Activity Works in use by participating in the Kinetic learning program at the event.



Students use Activity Works in the classroom at Alexander Street School in Newark. Activity Works is a plug-and-play program that enables elementary school educators to easily use movement-based methods to improve students academic performance and physical fitness.